

## **Warmup on own for 10 minutes**

### **Warmup - 400**

8 x 50 — drill/swim

Mix up your drills as well as your strokes

### **Main set - 2,000**

Take 30 seconds between the long swims, and 20 seconds between the 200 and 100 kick.

The whole thing is strong and steady, although if you want to choose one (say, the 200 IM) to work every time, that's great.

400 free

300 back or breast (If you really hate stroke, do it 25 stroke/25 free)

200 IM

100 kick

—

300 back or breast (If you really hate stroke, do it 25 stroke/25 free)

200 IM

100 kick

—

200 IM

100 kick

—

100 kick

Cooldown

### **Sprint set — if you have time - 450**

6 x (mix these up)

25 ez

50 fast

Cooldown

**Total: 2400 (2,50 with the sprint set) plus warmup and cool down**